Cab driver by day, Juno-nominated musician by night

That's how this Eritrea-born Torontonian rolls

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Toronto metro

Love bites

The meals that made you fall head over heels

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TORONTO'S HOUSING CRISIS

YOU'RE NOT WELCOME

Mohamed Jehani says a landlord turned him away because of his name — and country of origin. Advocates say that sort of discrimination is all too common in the rental market

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EDUARDO LIMA/METRO

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Barack Obama goes kitesurfing with billionaire Richard Branson. VIDEO ON THE METRO APP

The building blocks of an Indigenous language

LEARNING

U of T team uses games to teach words, phrases

Gilbert Ngabo
Metro | Toronto

Connor Pion, left, is turning board games into Indigenous language lessons for the general public. U of T Indigenous studies professor Alex McKay, centre, and Jenny Blackbird of the Ciimaan/Kahuwe'yá/Qajaq language initiative, are also part of the project. EDUARDO LIMA/METRO

Learning Indigenous languages at the University of Toronto can be fun and games, especially when using Scrabble tiles.

From bingo to Jenga and charades, the school's Centre for Indigenous Studies encourages community members to learn and use Indigenous words in their everyday life. It's part of the centre's Ciimaan/Kahuwe'yá/Qajaq, an initiative that provides space and programming for language learners.

Connor Pion who teaches Anishinaabemowin, the language of the Anishinaabe peoples, has co-created his own version of Jenga. He engraved Anishinaabemowin words on one side of the blocks, and their English translation on the other side.

Co-created with Jenny Blackbird, they called this game Baapaase, which means woodpecker in Anishinaabemowin. They hope it gets participants to learn in new ways.

"Games are essential. They're all about keeping language learners laughing and engaged," he said.

A week ago the centre hosted its first Indigenous Language Games event, and dozens of students, staff and community members showed up and participated.

He said learning any second language can be difficult, but the process can be even more complex for Indigenous languages, especially factoring in the impact of Canada's "violent" assimilation policies — such as residential school systems where speaking Indigenous language was prohibited.

"Games create a fun space for language learning where learners have the support of community and mistakes are welcomed and silliness is encouraged," he said.

Having learned to read, write and speak Anishinaabemowin as his third language after he moved to Toronto for school, Pion sees a lot of value in passing along the knowledge. Indigenous languages hold cultural and social understandings that are at risk of being forgotten if that connection is not maintained, he added.

"This land has a long history of Indigenous languages, and we mean to keep our responsibility to the land and those that gather here by speaking them," he said.

The Indigenous Language Games are free and open to the public. The next one is Cree Language Bingo, and takes place on Feb. 8 at 5:30 p.m. More information can be found at indigenousstudies.utoronto.ca

WORDS TO KNOW

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Anishinaabemo (a-ni-shi-naa-bay-mo): Speak Anishinaabemowin

ᐳᑕᐯ

Pootawe (po-ta-way): Build a fire

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Aanahkonaahike (aa-nah-go-naa-he-gay): Make bannock

ᓂᐦᒼ

Niimi (nee-meh): Dance

ᓇᐢᑕᐏᐧᐃᑭ

Nantawencike (nanta-when-jee-gay): Hunt

2017 budget highlights

After council was challenged to close a $91-million budget gap just to keep current city services, the budget committee and now executive committee proposed a number of long-term and one-time changes. They also added $40.4 million in new or improved services.

Hotels — A tax on hotel accommodations is expected to bring in $5.5 million this year. Harmonizing the municipal and provincial land transfer taxes will raise $77 million.

Property tax — Executive committee approved a residential property tax rate at two per cent, just under the rate of inflation, with no discussion.

Child care — The newly-proposed budget, as Tory announced this week, has reversed cuts to in-school daycares while finding the funding for 300 new subsidized spaces.

Shelters — The proposed budget includes funding for new shelter beds as part of a push to get shelter capacity levels down to a 90 per cent target set by council in 2013. It also includes a proposed $1.47 million cut to front-line staffers by not replacing the jobs of 12 staff who work directly with shelter clients and help people find permanent housing.

Poverty — The proposed budget includes $185 million in spending on poverty reduction strategy initiatives, including expanding a student nutrition program.

Youth — Two planned youth hubs in libraries in Jamestown and at Bathurst St. and Lawrence Ave. and additional programming funding totaling $387,000 remains unfunded.

TORSTAR NEWS SERVICE

PROTEST

Women's March Canada not planning to join counterparts in strike

May Warren
Metro | Toronto

U.S. women who participated in the Women's March on Washington last month are going on strike. But Canadian women who rallied with them in solidarity in D.C. or at sister marches across the country have no plans to join them, says a spokesperson.

"In Canada we're not planning a national strike as of now," said Women's March Canada spokesperson Gillian Sonin.

The Canadian organizers found out about the strike plans when everyone else did, she said. U.S. organizers tweeted about it on Monday, promising only that it would be a "day without a woman."

"We want to listen to our sister marches in the different communities and so far most of the communities have said that they're not interested, so we're just reflecting back what we've heard from within Canada," said Sonin of the decision not to strike.

"If any city wants to do one, we're going to help and amplify, we're here to do that, but we're not, as of now, organizing a national strike."

Not much is known about U.S. strike plans.

There's no date yet and it's not clear whether it would be just calling on women to stay home from work, or also stop cooking, cleaning and taking care of kids for the day. Over a million women joined Women's Marches globally in a show of support for women's and minority rights the day after Trump's inauguration.

Hundreds of Canadian women traveled to Washington to march and thousands more took to the streets in their own cities. For now, Sonin said the Canadian organizers are having weekly calls to listen, and figure out next steps, while supporting events like Black History Month and local marches for missing and murdered Indigenous women.

LANDMARKS ICONIC SIGN'S FATE UP IN THE AIR Westbank, the Vancouver developer set to transform the Honest Ed's site at the corner of Bloor and Bathurst, doesn't yet know what will happen to the iconic sign. The landmark doesn't qualify for heritage status, and the building's architect told CBC Radio that the incandescent bulbs aren't environmentally sustainable. Whatever the final decision — which could be made as early as Wednesday — a farewell party to the building will take place Feb. 23–26. TORSTAR NEWS SERVICE FILE

Cabbie picks up Juno nod and a fare

ARTS

Daniel Nebiat left nomination fete and kept on working

Daniel Nebiat is part of the Okavango African Orchestra, which was nominated Tuesday for the 2017 Juno World Music Album of the Year. RICHARD LAUTENS/TORSTAR NEWS SERVICE

After the 2017 Juno Award nominees were announced Tuesday, Daniel Nebiat was in a particularly good mood, and for good reason: He had just learned his musical group was among the Juno contenders.

But instead of going out to celebrate, he left the nominations ceremony at Toronto's Rebel nightclub, got back in his cab, and picked up a fare in front of the Rebel, where event attendees were still trickling out.

Nebiat, a 44-year-old musician originally from Eritrea, is one of nine members that make up the Okavango African Orchestra, which was nominated for the World Music Album of the Year. He plays the krar, a six-stringed instrument from Eritrea and Ethiopia, sings in his native Tigrigna and, for the past three years, has been a driver for Toronto's Co-op cabs. For him, Tuesday started like any other shift.

"I woke up at 3 o'clock in the morning, I started driving at 4 o'clock," Nebiat said. But then "they told me to come (to the ceremony) ... so I came there, parked my car and went in."

Nebiat, who grew up in Asmara, said he's been singing since he was a child, taking part in an Eritrean tradition of going door to door for New Year's celebrations and singing for neighbours in exchange for small gifts or money. At 11, he used the money he'd earned to buy his first krar. His mother did not approve.

"I don't want it to sound like a cliché, but family doesn't want you to be a musician and my mom was not happy" about the krar, Nebiat recalled. "She got rid of it, she broke it."

Nebiat said his mother has since become his biggest fan. TORSTAR NEWS SERVICE

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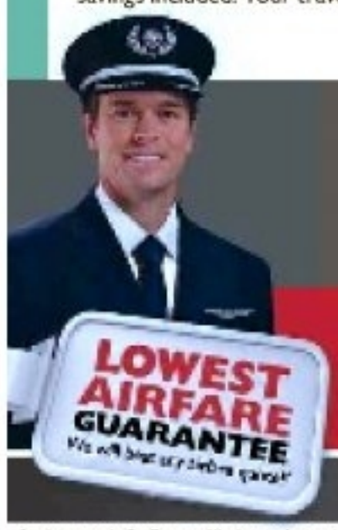

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‘I didn’t know how to react’

HOUSING

Native Libyan says landlord denied him a chance to rent

May Warren
Metro | Toronto

Mohamed Jehani moved to Toronto from Libya three years ago. While searching for a room to rent, he says a landlord told him it may be ill-advised to house a person from one of the seven countries listed in U.S. President Donald Trump’s travel ban. EDUARDO LIMA/METRO

Mohamed Jehani was just looking for a place to live.

Instead the 20-year-old was stunned to receive an email from a prospective landlord regarding Jehani’s inquiry to an ad on Kijiji about a room for rent.

“This is probably going to sound terrible but I believe it may not be in my best interest to house someone who comes from one of the seven countries whose citizens are now prohibited from entering the USA,” read the response in part.

Jehani, who is originally from Libya, one of seven Muslim-majority countries covered by President Trump’s travel ban, had not told the person where he was from. He guesses they must have made assumptions based on his first name.

“I didn’t know how to react,” Jehani told Metro.

Jehani provided Metro with a copy of the email chain, dated Jan. 28. The person attached to the ad did not respond to Metro’s request for comment.

While denying someone housing in Toronto based on their country of origin is illegal, tenant advocates say stories about discrimination in the rental market are all too common.

Renee Griffin, executive director of the Centre for Equality Rights in Accommodation, has not looked at Jehani’s case, but said she receives regular calls from people who believe they’ve been discriminated against.

“It may be that they speak with an accent, it may be that when the landlord sees them they think that they’re not Canadian,” she said.

Geordie Dent with the Federation of Metro Tenants’ Associations said landlord training, or “some kind of mandatory penalty” for landlords who break the law would help prevent this type of discrimination.

“We sadly see this kind of thing all the time,” he said.

Jehani said he’s considering filing a human rights complaint.

“No one has ever talked to me in a bad way because I’m Libyan or because I’m a Muslim or because my name is Mohamed,” he said.

HUMAN RIGHTS

- A 2009 report from the Centre for Equality Rights in Accommodation (CERA) found South Asian households and black single parents experience “severe to moderate discrimination” when they inquire about an available apartment.
- In July 2016, the Ontario Human Rights Tribunal ruled a Toronto landlord had discriminated against a woman of Caribbean descent and ordered him to pay her $10,000.

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Influx at the border

REFUGEES

Manitoba town sees flood of asylum seekers

An increasing number of people seeking asylum are braving the elements of the open prairie to come into Canada from the United States, says the head of one small community that is calling for federal help to deal with the influx.

Last weekend alone, 22 people crossed the border from North Dakota into Emerson-Franklin, RCMP confirmed Tuesday. Nineteen were put up in a community hall and were supervised and fed by officials and volunteers in the community of some 2,000 residents.

"It's starting to get overwhelmed here, and now we're starting to have concerns that we maybe need to have more security or do something different," said Greg Janzen, the municipality's reeve.

Yahya Samatar
THE CANADIAN PRESS

Public Safety Minister Ralph Goodale said Tuesday border crossings in other parts of the country have also seen an increase, but the overall numbers are not as high as they were several years ago.

One of the crossers was Yahya Samatar. Originally from Somalia and fearing persecution from a group affiliated with al-Qaida, he went to the United States and was denied refugee status. Eventually, he made his way from Minneapolis to the border area not far from Emerson-Franklin.

He got lost, saw the Red River and jumped in, hoping that Canada was on the other side. After getting out and walking for 45 minutes, he came across a Good Samaritan who helped him. He has been allowed to stay in Canada and now works in Winnipeg.

"When a person is very desperate, you have to take any options that can save your life," Samatar said.

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MISSING AND MURDERED

Inquiry to break ground

Canadians should not expect to see hearings like those that unfold in courtrooms during the course of the inquiry into missing and murdered Indigenous women, lead commissioner Marion Buller said Tuesday.

The inquiry will instead provide a way for Indigenous people to tell their own stories in their own way, Buller told a news conference in Ottawa along with her fellow commissioners and members of the inquiry's legal team.

The national inquiry, which is still on schedule to begin in the spring, will be unlike anything the country has seen from a legal standpoint, added Susan Vella, the lead counsel for the study.

"The commissioners are entitled to receive information which might not otherwise be admissible in evidence in a court," Vella said. "This is a usual power of commissioners."

The inquiry will provide different options as it goes about collecting information, Vella said, and will include lesbian, two-spirit and transgender people in the process. THE CANADIAN PRESS

Backlash for The Bay

POLITICS

Commenters demand store drop brand of Ivanka Trump

Ivanka Trump. AFP/GETTY IMAGES

After a major U.S. retailer decided it wouldn't carry Ivanka Trump's brand — a business decision Nordstrom said was unrelated to her controversial father — some consumers are urging Hudson's Bay to do the same, but for political reasons.

On a Hudson's Bay Instagram post Monday one commenter said: "Please drop Ivanka Trump-branded clothing and shoes #boycottHBC #dumptrump #dumpivanka," under an image of a hair dryer that was not associated with the brand's products.

On the company's previous post, of a non-Ivanka Trump sports bra, gym bag and running shoes, a commenter said, "Stop selling Trump crap and I'll buy one," and another added: "Do the right thing. Take a stand and stop selling all #Trump branded products. #GrabYourWallet #DumpTrump."

On Twitter, some started using the hashtag, "#baycott."

The Hudson Bay Company's response did not directly address whether or not it had considered dropping the brand.

"Across our banners, we aim to a deliver a strong assortment of fashion. We respect our customers' right to choose the brands that work for them," wrote Brigitte Timmins, corporate communications manager at Hudson's Bay, on Tuesday. "In turn, our customers' choices inform our decisions on which merchandise we offer." TORSTAR NEWS SERVICE

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Confusion in White House

POLITICS

More mixed messages from U.S. president and his team

Donald Trump's press secretary stood at the White House podium and delivered a message to the world: Trump's executive order was "not a travel ban" and "not extreme."

Sean Spicer's words last week were duly reported. Then Trump went on Twitter and touted his "travel ban." His phrase for it: "extreme vetting."

It was yet another mixed message from an administration that has made a dizzying early specialty of them.

On matters semantic and significant, the U.S. President and his team have left America's allies and adversaries suffering through the world's highest-stakes involuntary guessing game, struggling to decipher just what it is this government actually means.

Prime Minister Justin Trudeau has dispatched at least three ministers to Washington this week. They will work to build relationships with the young administration. They will also seek clarity.

The pressing question is not only whether anyone who is not Trump can accurately speak for Trump. It is which Trump words are the magic Trump words.

"That's a question that is already being asked inside the bureaucracy: when the president tweets something, how literally should we take that? And I think the answer is, we don't know yet," said Philip J. Crowley, an assistant secretary of state under Barack Obama. "And I suspect inside the White House, they don't know yet either."

The confusion may not exclusively be evidence of inexperience and inevitable first-month disorganization, although that seems part of it. Trump has argued, in his campaign book and in interviews, that a president should use "the element of surprise" to keep opponents "off balance" — creating his own version of Richard Nixon's "madman theory" of diplomacy.

"In the foreign policy world, predictability is a very significant currency. And yet we have in the president someone who prides himself on being unpredictable, even impulsive," Crowley said. "Whether this is a permanent feature of the Trump administration, or just a phase as the president learns the nature of the job, that's a question I'm not sure we have an answer for yet."

Trump's volatility has miffed not only America's enemies but its friends. TORSTAR NEWS SERVICE

White House Press Secretary Sean Spicer fields questions about U.S. President Donald Trump's executive order travel ban and other topics. CHIP SOMODEVILLA/GETTY IMAGES

TRAVEL BAN

- A panel of appeals court judges reviewing President Donald Trump's travel ban hammered away Tuesday at the federal government's arguments that the states cannot challenge the order.
- The hearing before the San Francisco-based 9th Circuit Court of Appeals judges was the greatest legal challenge yet to the ban, which has upended travel to the U.S. for more than a week.

GLOBAL DIGEST

SOMALIA

Election amid turmoil

Colorful campaign posters in this seaside capital give the impression that Somalia's presidential election on Wednesday will be like any other. That's far from true.

Mogadishu is in lockdown because of violence by homegrown Islamic extremist group al-Shabab. The airport will be closed, and the vote will be confined to a heavily protected former air force base. Fears of attacks already have delayed the vote several times.

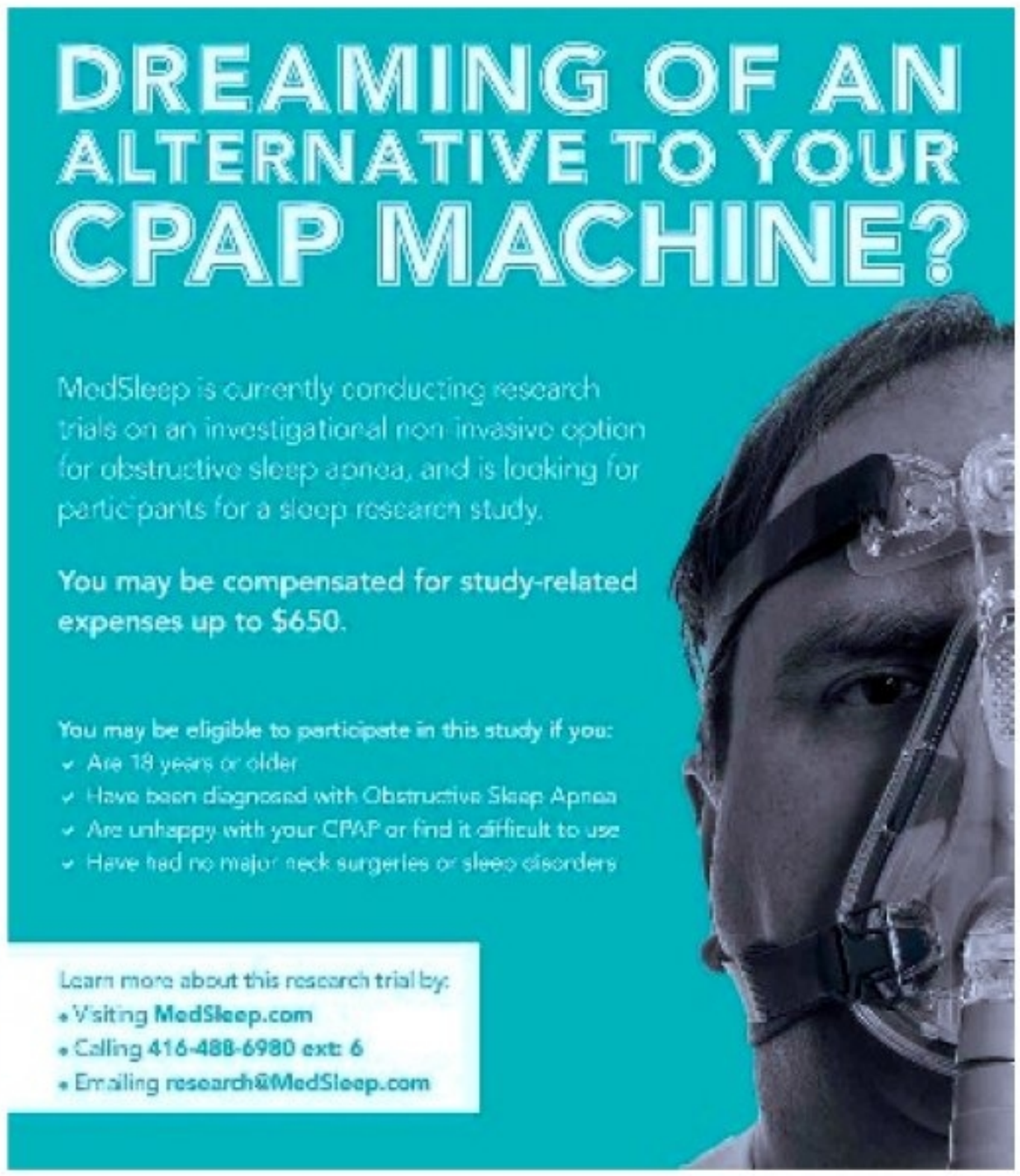
THE ASSOCIATED PRESS

SYRIA

Thousands hanged: Report

The Syrian prison was known as "the slaughterhouse." Behind its closed doors, the military police hanged as many as 13,000 people over the course of four years, according to a report by Amnesty International. The report covers the period from March 2011 to December 2015, when Amnesty says between 5,000 and 13,000 people were hanged.

THE ASSOCIATED PRESS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metro VIEWS
Your essential daily news
Wednesday, February 8, 2017

JESSICA ALLEN ON DECIDING WHAT YOU VALUE

Boycotting a product or service to make a political statement is one thing. But follow the money, and it gets a lot more complicated.

Sometime in the late '90s at a friend's backyard barbecue, I remember meeting a woman who refused a bowl of ice cream.

She was boycotting the brand, which I don't remember. But they'd done something terrible.

While I ate mine (strawberry, I believe), I noticed she was wearing Nike trainers. It must've been right after Michael Moore's 1997 The Big One, a documentary in which Moore meets with Nike CEO Phil Knight and asks him to manufacture his shoes in America rather than in Indonesian sweatshops.

"How did she choose to boycott the ice cream over the shoes?" I thought. And, as I realized everything I was wearing — from my socks to my hair elastic — was probably made under ethically and environmentally questionable circumstances, it occurred to me: If I want to put my money where my mouth is, the only alternative is to go live in a tree house.

Flash forward to today and whatever your beliefs, there's a boycott for you.

Say you support Donald Trump's executive order banning refugees and travellers from seven mostly Muslim countries. Then, you might choose to boycott Starbucks because the coffee company promised to hire 10,000 refugees. Or perhaps Budweiser, whose Super Bowl commercial was decidedly pro-immigration.

If you detest the ban, you can boycott anything that says Trump on it, like his hotels and neckties, or his daughter Ivanka's fashion lines.

You may have also been one of the 200,000 who deleted the Uber app after the ridesharing company was seen as undercutting the largely Muslim, 19,000-strong New York Taxi Workers Alliance.

The day after Trump signed his executive order, the alliance called for a one-hour freeze on pickups at JFK airport to show solidarity with thousands of protesters who'd gathered at the airport.

"We cannot be silent. We go to work to welcome people to a land that once welcomed us. We will not be divided," they tweeted.

But #DeleteUber wasn't just trending on Twitter because Uber drivers ignored the freeze and shut off their surge pricing.

Back in December, their chief executive Travis Kalanick was asked to join an economic advisory council with Trump.

The proximity to that name was enough to encourage many to switch to Lyft, another rideshare service, that recently announced it was donating $1 million US to the ACLU. But then it became known that two of Trump's advisers are major Lyft investors.

In other words, things got complicated. But deleting seemed far more effective in the moment than distilling.

Distilling would've required taking the time to ask what is wrong with Kalanick taking part in the economic advisory council, and, more importantly, what is this council?

The Strategic and Policy Forum, according to Trump's website greatagain.gov, is a chance for 16 business leaders "to provide direct input to the President from many of the best and brightest in the business world in a frank, non-bureaucratic and non-partisan manner."

Let's say you want to protest Trump's immigration policies by boycotting Uber: It's not quite as clear-cut as you think. GETTY

Who else is going? CEOs and representatives of Tesla, Pepsi Co. General Motors, Walt Disney, Boeing, IBM, JPMorgan Chase, Walmart, and Daniel Yergin, a Pulitzer Prize-winning author and energy analyst, among others.

Do we boycott them, too?

Kalanick emailed his staff to explain why having a seat at this table wasn't an endorsement of the president, but a chance to effect change, and "that by speaking up and engaging we can make a difference."

Days later, Kalanick removed himself from that table: "The implicit assumption that Uber (or I) was somehow endorsing the Administration's agenda has created a perception-reality gap between who people think we are, and who we actually are."

Which is a shame because a businessperson with clout will not take part in a conversation that could greatly affect the American economy.

I didn't delete my Uber app, although I should because they can't find my house on their navigation system. Actually, I probably should never have downloaded it in the first place.

They didn't just undermine New York City taxi drivers during the protest. Their entire business model undercuts those drivers every single day.

The ridesharing enterprise is based on incentivizing workers to undervalue their labour. Many drivers are supplementing a menial day job with the earnings from another. If you choose Uber, you're not thoughtfully considering how your dollars translate into the world we live in.

That is the problem.

Faced with an increasingly complicated and politicized world, it's time to start looking beyond hashtags and realize that every decision — from the $4 ride to the $4 socks — has political implications.

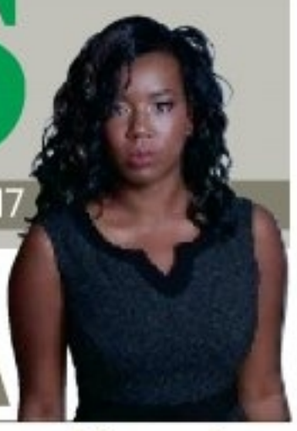
The problem isn't how to spend your money, the problem is deciding what you value and being savvy enough to make sure you aren't accidentally supporting it.

But cheap socks are amazing. That's the hard part. If you begin to follow the money, the tree house starts looking better and better.

It's time to start looking beyond hashtags and realize that every decision has political implications.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA



Our refugee policy is tested now that the crisis is at our door

The next few years will test the strength of Refugees Welcome. And I worry it is a test Canada is doomed to fail. While Canada has moved on with generosity and relative openness to the Syrian crisis, many of the world's refugees have been left in a confusing lurch.

The Trudeau government has committed to playing a part in bringing over refugees from Syria. But even in that, their response has been haphazard. For example, in December, Ottawa placed a cap on private-sponsor applications for Syrian and Iraqi refugees at 1,000 for 2017.

That is only a fraction of the 13,000 Syrian refugees that arrived in Canada via the private sponsorship program in 2016 alone.

For many families and community groups on the private sponsorship list, the announcement was a surprise; while the government sorts through a massive backlog, they have waited, ready and willing.

The private sponsorship option is Canada's flagship PR-friendly program; it is a standout program that is cited by experts for its uniqueness and superb co-ordination.

A speedy and co-ordinated response is essential. The global refugee crisis has now arrived at our borders.

According to the Toronto Star, border guards in Quebec reported a threefold rise in migrants walking across the border to claim asylum in Canada. In many spots, including Emerson, Man., communities along the U.S.-Canada border are reporting a substantial increase in migrants trekking through treacherous weather.

The election of U.S. President Donald Trump, and the subsequent travel ban on seven mostly Muslim countries, has only increased the volume of asylum claimants crossing the border from the U.S. into Canada.

The government response has been lacklustre. After Trump's executive order, Prime Minister Trudeau tweeted, "To those fleeing persecution, terror & war, Canada will welcome you, regardless of your faith." For many, this was seen as an open invitation (and defiance of Donald Trump). And yet, when pressed on it, Immigration Minister Ahmed Hussen clarified that there would be no actual increase in the number of refugees Canada would welcome. The U.S. would keep its designation as a safe country.

For migrants from Muslim countries, the U.S. is not a safe option. In fact, as Daily Xtra reported, LGBTQ refugees from Iran — an Islamic country hostile to queer citizens — are now stranded in Turkey, a largely Muslim country already overwhelmed with refugees. They'd been promised asylum under the Harper government. They are now being told by the Canadian embassy to apply to the United States, a nation presided over by a man hostile to all Muslims.

As the American situation unfolds and crises in South Sudan and Venezuela become more urgent, this lack of coherence will show up at our doors.

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Your essential daily news

Wednesday, February 8, 2017

The Bunnies are back... Three decades after the original Playboy Club closed in New York, a victim of changing tastes and views on women, a new one will debut later this year a few blocks from Times Square.

A meal that made you fall in love

There's nothing more romantic than staying home and cooking for a loved one. A simple meal that shows off your skills and thoughtfulness is much more meaningful than ordering off a menu. We asked readers what they made for their significant others during their early stages of dating or as newlyweds. Here are a few of their stories. TORSTAR NEWS SERVICE

Lakshmi

My husband Ghopal was my brother's friend and we knew each other for five years before we got married in Hyderabad, India. When we got engaged I made him upma, a south Indian bread dish, because I had bread in the house and it's a quick dish that he never had before. I learned how to make it from my mom and he still enjoys it today after 47 years of marriage! We moved to Toronto 43 years ago and both love introducing our dishes to our friends and neighbours. Ghopal does the chopping and I do the cooking, but he also makes really good curry puffs. My husband used to work at Sears and I would bring him lunch and we'd eat it in the cafeteria together. Now we're both artists where he'll draw and I'll paint. We love doing things together.

Karen

First, I must point out that my dad loved my meat loaf. In fact, my whole family loved my meat loaf. So when I made it as a newlywed for my husband I expected a warm reception. But my husband was surprised that I didn't cover it with a tin of tomato soup like his mom did. He was downright mystified by the garlic. It wasn't his momma's meat loaf, which he professed to love, but I carried on, knowing that it would be his new favourite. I could not have been more wrong. It seems that while I was cleaning up that night, he tried to flush the meat loaf down the toilet. The toilet got completely stopped so we had the superintendent come up with a plunger to our new apartment. That happened in September 1970 when we were both 18 and remarkably we're still together.

Benjamin

Eleven years ago when I lived in Cleveland, I met Carolyn at a creative workshop and we had a long-distance relationship for about eight months. I bragged to her that I was a good cook and on her first visit, I told her to play Iron Chef: name one ingredient and I'd make an entrée with it. She said chocolate. I made her chicken breasts with a mole sauce. We married in 2007 and ironically, she has since given up chocolate and is now a vegetarian.

Nancy

I met my husband when we went to the same college in Illinois in 1965. When I graduated, we moved to Canada and got married. His family is from Estonia, so I wanted to learn the language and pay attention to his customs. I never learned the language very well but I did learn to make rosolje, a traditional beet salad that his family made at Christmas. He bought the salted herring and chopped up many of the ingredients: beets, apples, potatoes, meat and pickles. I realized at that point that he had good culinary skills. I was surprised. That was in 1967. We continued to make rosolje every Christmas and we plan on making it this July for our 50th wedding anniversary.

Donalda

The first meal I made for my husband Roy was a TV dinner when I was 20. I took the dinners out of the freezer, read the instructions, turned on the oven and put them in. I picked up a magazine to read while they cooked. Eventually the timer went off and I took out the TV dinners, which still had frost on top. I didn't realize you had to preheat the oven. Roy never said anything about my mistake. He's been very faithful complementing me about enjoying what I've made for us to eat. As the years passed, I've become a very good cooks. Roy and I have been married for 60 years since last November. Needless to say, I've learned to turn on the oven at the proper time and temperature.

Irene

Back in the 1960s when my future husband and I were young, a Sunday dinner was always crowned with my mom's homemade pie. Usually it would be apple because we had a Duchess apple tree that gifted us with delicious red-striped beauties. After one of my mom's roasted beef dinners and indulging in his second piece of pie, the love of my life didn't stop complimenting the luscious flavour of the pie. It was a thrill to hear, because unbeknownst to him I made that pie. I think this must have been the true test of him falling in love with me, not only as his sweetheart but also as someone who could satisfy his sweet tooth. After 50 years of wedded bliss, his favourite dessert is still my homemade, warm apple pie with a slice of sharp cheddar on the side.

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High fives for Drake, Mendes and Weeknd

2017 JUNO AWARDS

Home comfort for global stars as Downie joins front of queue

Shawn Mendes and the Weeknd (inset) are both nominated for album, song and artist of the year awards at this year's Junos. THE CANADIAN PRESS FILE

Global music stars Drake, Shawn Mendes and the Weeknd were celebrated at home Tuesday as they were named the leading nominees heading into this year's Juno Awards, while Gord Downie's work in 2016 could garner a half-dozen trophies.

Downie is nominated for songwriter of the year, best adult alternative album and best video for his multimedia solo project Secret Path, which is also in the running for recording package of the year. His band the Tragically Hip is also up for group of year and rock album of the year honours.

Drake, Mendes and the Weeknd all have five nominations and are contending in marquee categories including best album, best single, artist of the year and the Juno Fan Choice Award. Pop singer Alessia Cara followed closely behind with four nominations, as did the late Leonard Cohen.

A Tribe Called Red, Grimes, Ruth B, Kaytranada, and Tegan and Sara all have three nominations. Pop singer Coleman Hell said returning to the Junos after being nominated as breakthrough artist last year is encouraging. He's nominated for Summerland in the pop album category this year.

"It feels pretty validating," he said.

"You put so much time into these things and you never know what's going to happen with it, so it's nice to be recognized."

The Strumbellas felt an extra sense of accomplishment with their three Juno nominations, which include group of the year and the fan choice award. They say it was about a year ago when their single Spirits, which is up for single of the year, started its surge into the mainstream.

"We got a Juno nomination early in our career and ... we were so excited at the time," said keyboardist Dave Ritter. "So it's great to be back, nominated again, and to have it cap off what's been a crazy year."

The Juno Awards will be staged at Ottawa's Canadian Tire Centre on April 2 and air on CTV. THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Bloody glowers only for Hardy

THE SHOW: Taboo, Season 1, Episode 2 (FX)
THE MOMENT: The period filth

The War of 1812 is nearly over. James Delaney (Tom Hardy) has just returned to England after 12 mysterious years in Africa. He has many enemies — as did his late father, who left behind angry creditors.

Delaney and his crooked lawyer Thoyt (Nicholas Woodeson) have called the creditors into a courtroom, where they mob behind the bar. Delaney glowers at them from the front.

"The son does not inherit the debts of the father," Hoyt cries.

Suddenly Delaney stands, opens a leather satchel, and tips its contents onto a table. Coins rain down. "That is 219 pounds and four shillings," he growls. "My father's debts total 219 pounds and four shillings. So you will be paid. But first you will form an orderly line."

The mob quietens. "But first you will form an orderly line," Delaney repeats, more slowly, but as menacingly as a dragon. The men form a line.

I hope if Hardy ever wins an award for this, the first person he thanks is his makeup artist.

Never has there been a more scrofulous show. Every character, including King George, is perpetually disgusting: Their cheeks are streaked with soot, their knuckles red from punching things. What teeth remain are green or rudely capped with clots of silver. And the tattoos! I hope some of the many on Hardy's body are real, or else he's spending days in makeup chairs.

But man, it's effective. Hardy's glower is scary no matter how it's deployed. But it's really powerful when rimmed with blood and grime.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BANNON NEXT?

Rosie ready for SNL skit

On the heels of actress Melissa McCarthy's caustic portrayal of White House Press Secretary Sean Spicer on Saturday Night Live, comedienne Rosie O'Donnell says she's available to play President Donald Trump's controversial adviser Steve Bannon.

On her Twitter feed Monday night, O'Donnell responded to suggestions that she play Bannon by saying "available — if called I will serve."

McCarthy lampooned Spicer last weekend in a Saturday Night Live sketch where she taunted reporters as "losers," fired a water gun at the press corps and used the lectern to ram a Wall Street Journal journalist.

O'Donnell and Trump have publicly feuded in the past, with Trump making derogatory comments about her looks and weight. THE ASSOCIATED PRESS

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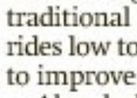
Volkswagon Group becomes world's largest automaker, Toyota still top in sales

Crossover packs cargo room

REVIEW

Niro can take on the Prius sedan with fuel efficiency



Dan Ilika
AutoGuide.com

As the first dedicated hybrid crossover on the market, the Niro occupies a unique space that's barely been tapped by the likes of the hybrid versions of the Toyota RAV4 and the U.S.-exclusive Nissan Rogue. But unlike both of those, which burn only slightly less fuel than their purely gas-powered siblings, the Niro has what it takes to do battle with the Prius sedan at the pumps.

Hybrid crossovers, even front-wheel-drive ones, aren't exactly fuel efficient. That's because they're big, tall and heavy. That's why the 2017 Kia Niro — unlike both gas-electric versions of the RAV4 and Rogue — is built on a platform that was developed specifically for hybrid applications.

Those underpinnings, which are shared with the upcoming Hyundai Ioniq, allow the Niro to be more slight and squat than a traditional crossover. The Niro rides low to the ground in a bid to improve efficiency.

Also helping on the efficiency front is the Niro's powertrain, which, like its platform, is shared with its sister Ioniq sedan. It combines a 1.6-litre gas engine with a small electric motor that works with a rear-mounted battery pack to add electrons to the drive, while power is transferred to the pavement through a six-speed dual clutch automatic transmission.

And this is where the Niro's only major concession comes into play. Unlike the Rogue and RAV4 hybrid models, it's only available with front-wheel drive. This helps the Niro achieve its impressive fuel economy numbers — combined ratings range from 5.5 L/100 km to 4.7 L/100 km depending on trim.

Doing without all-wheel drive has an additional benefit. Engineers were able to mount the Niro's lithium-ion battery pack beneath the rear seats. While most hybrids have their battery packs mounted in the cargo area, doing so cuts into available space.

Cargo room in the Niro sits at a reasonable 549 litres with the second row of seats upright and 1,543 litres with them folded. Making the most out of the available space, the Niro's tailgate opening is nice and wide, while its rear wheel wells barely cut into cargo volume thanks to cleverly packaged rear suspension.

When it comes to being both a crossover and a hybrid, the 2017 Kia Niro finds itself with few rivals. That list shrinks even further when you factor in its price. Base models start at just $24,995, strategically undercutting the Toyota Prius by a hefty margin.

Overall, it's an impressive offering that executes Kia's bang-for-your-buck strategy to near perfection.

THE CHECKLIST | 2017 KIA NIRO

THE BASICS

Engine: 1.6L 4-cylinder, electric motor, 1.56-kWh lithium-ion battery
Transmission: 6-speed automatic
Fuel Economy (L/100 km): 4.6 city, 5.1 hwy
Price: Starts at $24,995

LOVE IT

- Incredibly efficient
- Unmatched bang-for-buck

LEAVE IT

- Unremarkable acceleration
- Lack of all-wheel drive

China's auto influence is growing

TRADE

Chinese tech billionaires investing in U.S. startups

Craig Cole
AutoGuide.com

The Buick Envision proves that high-quality can be synonymous with Made in China. TORSTAR

China has a massive influence on the automotive industry and many are wondering when we will see Chinese cars for sale in North America.

"The Chinese are already here," said Michael Dunne, author, entrepreneur and automotive industry expert with a quarter century of business experience in Asia.

While speaking at a meeting of the Automotive Press Association, Dunne explained that between 2010 and 2016, Chinese firms made some 128 separate investments in North America totaling an estimated $5-billion.

Today, many of these companies supply components to various automakers, help fine tune vehicles that are in development and even work on next-generation technology.

Adopting a similar strategy to the one used by Japanese and South Korean automakers that came before them, Chinese firms are putting heavy emphasis on California. Ambitious startup brands including BYD, Lucid Motors, Karma and Faraday Future, many of which are funded by Chinese tech billionaires, all have a presence in the Golden State.

Dunne said the reason is that the region is a global center for autonomous-vehicle technology, something they want to lead in despite lacking this capability in their home market.

Even though cars and trucks from domestic Chinese automotive brands are not yet available in North America, this country's influence on the industry is undeniable. Dunne said BYD is already building and selling million-dollar electric buses.

Beyond this, the Buick Envision is built in China and imported to North America, something that would have seemed absurd just a few years ago.

And this vehicle is no bottom-feeding economy model, "Nothing about [it] suggests 'Made in China,'" said Dunne. The crossover is suitably premium for its price, proving that the Chinese can build high-quality vehicles. And that could be a key strategy for them going forward.

"I don't see the Chinese coming in with extremely competitive pricing," Dunne said. He doesn't expect them to offer slapdash, bargain-basement vehicles in North America since there's so much work that has to be done in order to sell cars here. They must provide decent quality, have a proper retail network and be able to service their products.

The days of ultra-cheap and unsafe knockoff cars are over — Chinese automakers could be legitimate threats to much more established companies.

But if there's one area where North America and China could come to blows, it's import duties. Today, there are few economic restrictions on selling vehicles in North America, but it's a completely different story on the other side of the Pacific.

"They used to have tariffs that were around 100 per cent," explained Dunne.

While that number has dropped to 25 per cent, Dunne said that when other fees, taxes and surcharges are included, the real-world cost of importing a car or truck into China is about 50 per cent, meaning an American sedan that would sell for $20,000 in San Diego could go for around 30 grand in Shanghai. Because of this, it's been imperative for foreign automakers to build their products in China. But as always, there's a catch.

Dunne said that by allowing foreign companies to sidestep import fees and manufacture domestically the Chinese government forced them to form joint ventures with domestic automakers, each of whom earn 50 percent of all profits. This is why General Motors China is called SAIC-GM; Volkswagen is partnered with FAW, Peugeot-Citroën with Dongfeng and so on; it's never just Ford or Toyota.

Like it or not, the Chinese are already playing a significant role in the North American automotive business. Flush with cash, hungry for technology and willing to take risks, they'll likely continue growing in the foreseeable future.

AMERICAN MADE

F-150 Raptor becomes first in F-series officially sold in China

Jason Siu
AutoGuide.com

Michigan-made model joins growing list of pickup trucks by American automakers being exported to China. HANDOUT

The American automaker has begun shipping its 2017 Ford F-150 Raptor to customers in China.

This is the first time any U.S.-built F-Series truck has been officially exported to China, joining the Ford GT, Focus RS, Focus ST and Fiesta ST as Ford Performance offerings in the country.

The Ford F-Series pickup truck has been the best-selling vehicle in the U.S. for 35 straight years and now it will start to capture the attention of Chinese customers.

Manufactured in Dearborn, Michigan, the all-new F-150 Raptor is powered by a 3.5-liter EcoBoost V6 engine providing 450 horsepower and 510 pound-feet of torque.

Ford isn't the only American automaker exporting pickup trucks to China. Late last year, Chevrolet announced it will export U.S.-built Silverado and Colorado pickups to China starting this year. Forbes reported that Chinese buyers are already paying top-dollar for a record number of Dodge Rams, some of which are entering the country through illicit channels.

"Raptor's unique looks and capability have generated amazing buzz at every auto show we've brought it to around China," said David Schoch, Ford group vice president and president, Ford Asia Pacific.

"F-150 Raptor is another example of our commitment to offer a wide range of vehicles for customers in China – everything from SUVs to high-performance cars and trucks."

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STARTUP

Faraday Future gets realistic with plans

Jason Siu
AutoGuide.com

Backed by Chinese billionaire Jia Yueting, Faraday Future began its life in the U.S. as a mysterious automaker looking to build really fast electric cars. Then late last year came reports that the company was struggling.

After debuting a radical concept at CES 2016, the company broke ground on a new facility in Las Vegas, promising a massive three-million square foot facility.

The company then went on to preview its first production car, the FF 91 at CES 2017. The all-electric Tesla fighter claims to go zero-to-96 km/h in 2.39 seconds, making it one of the fastest-accelerating cars in the world.

Now, Reuters reports Faraday Future is getting more realistic with its plans. The factory will now be 650,000 square feet and is slated to open in 2019. Faraday Future's initial product portfolio has also been scaled back from seven to two electric vehicles, while it is believed a dozen key U.S. executives have left the company in the last nine months.

Construction of the facility in Las Vegas stopped last fall due to missed payments to contractors and Nevada state officials.

In addition, a number of suppliers and vendors have sued the automaker for non-payment including seat manufacturer Futuris.

The FF 91 model was revealed at CES 2017. HANDOUT

Renault Trezor named Most Beautiful Concept Car

INNOVATION

French sure seem to know a thing or two about beauty

Jodi Lai
AutoGuide.com

Features from the model will be used in future designs by the French automaker. HANDOUT

The stunning Renault Trezor Concept that debuted at last year's Paris Motor Show was just voted as the Most Beautiful Concept Car of 2016 by the Festival Automobile International.

The all-electric grand touring vehicle concept stole the spotlight when it was revealed, and previews technology and design cues that will be used on future models from the French automaker.

One of the main design features was a unique clamshell roof that opened to allow access to the red interior.

Total system output for the Renault Trezor was 350 horsepower and 280 pound-feet of torque, which was able to get the two-seat concept to 100 km/h in under four seconds.

"The jury decided this award should go to the Trezor because of the extreme beauty, sensuality, and elegance it exudes," sais Rémi Depoix, president of the Festival Automobile International, in a press release.

"It is the epitome of a concept car and we were notably won over by the cohesion of its overall design and the attention that has been paid to the details.

"It is a fine creative work which, we hope, will inspire Renault's future road-going models."

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Special delivery: cargo-carrying cars

STINGRAY

Proof of Corvette wagon appears

First announced in 2013, it almost seems like Callaway's shooting brake version of the Corvette Stingray would never become reality. But in April 2016, the company confirmed it was heading to production and now there's proof. Pete Callaway, California general manager of Callaway Cars, took to Facebook to share some images of the Chevrolet Corvette AeroWagen in all its glory. JASON SIU/AUTOGUIDE.COM

WHEELS BRIEFS

Station wagon here to stay

Sporting 603 horsepower and 627 pound-feet of torque, the Mercedes-AMG E63 S Wagon is more than just a family hauler.

Wagons may seem to be a dying breed in the U.S., giving way to crossovers and SUVs, but Mercedes-AMG doesn't have any plans of stepping away from the market. The standard E400 4MATIC Wagon is heading to dealers by March and joining it this fall will be the high-performance AMG E63 S variant. JASON SIU/AUTOGUIDE.COM

DELIVERY

Off-road cargo

Nissan is taking deliveries to the next level, making sure that cargo can get anywhere. The NV Cargo X is a project vehicle that debuted 2017 Chicago Auto Show. It stands at over seven-and-a-half feet, sits on 37-inch tires and is powered by a 5.0-liter V8 turbo diesel.

Built in partnership with off-roader Ian Johnson, this van was built to be a rock crawler and its own support vehicle. The suspension is heavily modified to fit the big tires, though the standard leaf spring design is retained in the rear end. A custom LED light system, a 10,000-lb front-mounted winch, a tube bumper and a custom skid plate complete the van's off-road gear.

On the inside, the cargo bay is filled with everything an off-road recovery and support vehicle would carry, including a full-size spare, a recovery rope, recovery tracks, a high-lift jack, portable welder and a tool bag. STEPHEN ELMER/AUTOGUIDE.COM

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'The camera is my weapon,' says photojournalist

Black Lives Matter has grown from a call to action to Black people after the 2012 murder of Trayvon Martin to a global movement with official and unofficial chapters here in Canada in Montreal, Toronto and Vancouver.

"There's always this notion that Canada is better," said documentary photographer Zun Lee. "The truth is no, these issues happen here. All the structural issues around systemic racism and white supremacy is real here, too."

Lee is one of three journalists who has teamed up with Black Artists' Networks Dialogue (BAND) to present No Justice, No Peace: From Ferguson to Toronto, a photography exhibit that documents the Black Lives Matter protests in both Missouri and Canada. Lee is joined by photographers Nation Cheong and Jalani Morgan.

And it's not just photography that connects Cheong, Lee and Morgan. Each photographer identifies as socially conscious. "It's very much about using these images as a weapon. The camera is my weapon, the lens is my weapon. I use images as a strategic tool to work towards change," said Lee.

Photos from the No Justice, No Peace exhibit. CONTRIBUTED

He would like this exhibition to serve as a wake-up call to Canadians.

"I think it's important for people to become aware that if we don't stay vigilant certain forces will take advantage and take over," said Lee. "People are activated, people are engaged and people are not going to be quiet about it."

SEPTEMBRE ANDERSON

Black Artists' Networks Dialogue aims to inform and educate people within and outside of their communities. CONTRIBUTED

Black artists showcased

BAND

Group to create cultural centre as well as presenting visual arts

Septembre Anderson

Black Artists' Networks Dialogue (BAND) is a Toronto-based organization that amplifies the voices, and work of Black artists across Canada and internationally.

"We wanted to build an organization to help Black emerging and mid-career artists and administrators develop professionally," said Karen Carter, BAND co-founder and board chair of the organization. "A key part of that growth was to develop a professional network to create a dialogue locally, nationally and internationally. We all believe that to be successful as a professional in the arts and culture sector you have to be prepared to tap into the international network.

BAND's projects include exhibitions and events including the INSPIRE Youth Visual Art Exhibition, a presentation of the portraits of seminal documentary photographer Gordon Parks Portraits, and the Caribbean Food Bank, where visitors could donate a recipe and receive ingredients.

And while BAND is all about dialogue, they've been a little quiet lately.

"We have been in transition as we move into a new space in Parkdale," said Carter who was tight-lipped about the story of the move, for now. "We are in the process of working on a story about our move so I cannot comment more on this question."

While the organization has been quiet, they won't remain low-key this month. After all, what better time to showcase Black visual artists then Black History Month.

"BHM is a time to focus on Black cultures and communities, their history and their contributions. We believe art and culture is an ideal way to create conversations that help to inform and educate people within and outside of our communities," said Carter.

> **Art and culture is an ideal way to create conversations**
> Karen Carter, BAND co-founder

And while BAND looks back, they're also looking forward.

"We are in the process of expanding our programming to develop the new space as a cultural centre and not just a visual art destination," she said.

"We want to be a place for community meetings, children's programs and for boutique performance presentations to give a few examples. We want to be a cultural destination where residents and visitors to Toronto can connect with experiences that show local, national and international representation of Black cultures."

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metro SPORTS

Club brass from relegation-threatened Premier League champion Leicester have given "unwavering support" to manager Claudio Ranieri

Leafs make lead stick

NHL

Matthews pots 25th goal as Buds hold Stars to single goal

Auston Matthews and the struggling Toronto Maple Leafs picked up a much-needed victory, edging out the Dallas Stars 3-1 at the Air Canada Centre on Tuesday night.

Matthews scored his team-leading 25th goal of the year and Curtis McElhinney made 39 saves as the Leafs won for only the second time in the last six games (2-3-1). Struggling defensively of late, Toronto held the Stars to only a single goal after yielding 22 over the previous four outings.

TUESDAY At ACC

3	1
LEAFS	STARS

Jake Gardiner and Nikita Zaitsev also scored for the Leafs (25-17-10), who sit third in the Atlantic division with 60 points.

Antti Niemi made 31 saves and Tyler Seguin tallied Dallas's (21-23-10) lone goal in defeat. The Stars haven't beat the Leafs in Toronto since Dec. 23, 2008.

Both teams entered the night in midst of wobbly spells. The Leafs had dropped four of their previous five games, including a 6-5 overtime defeat to the New York Islanders in Brooklyn on Monday night. The Stars, meanwhile, had fallen in five of the previous seven with one victory coming against Toronto one week earlier in Dallas.

It was the home side that got the early jump off an offensive zone faceoff nine minutes in.

After Tyler Bozak beat Adam Cracknell on the draw, Mitch Marner scooped up the puck and fed Gardiner at the point. The 26-year-old wired the one-time shot under the glove of Niemi, who ranks near the bottom of the league in save percentage this season.

Gardiner, who had two points on the night, is up to seven goals on the year, equalling the mark he posted in 79 games last season.

Toronto increased the lead to two late in the middle frame on a play that mirrored the first goal. Matthews won an offensive zone draw to Gardiner at the point, his shot then redirected past Niemi by the 19-year-old centre, who leads all NHL rookies in goals this season.

After Seguin cut the Stars' deficit to one while on the power play, the Leafs capitalized on a 5-on-3 advantage with Zaitsev blasting a shot through traffic past Niemi.

Toronto managed to protect a third-period lead after letting a pair slip away in defeat against the Islanders one night earlier.

THE CANADIAN PRESS

NFL PATRIOTS BRING THE PARTY TO THE STREETS New England Patriots, from left, free safety Devin McCourty, quarterback Tom Brady and head coach Bill Belichick hoist Super Bowl trophies during a rally Tuesday in Boston to celebrate Sunday's 34-28 win over the Atlanta Falcons. Hundreds of thousands of jubilant fans lined the parade route and endured snow and rain to fete the Pats for winning their fifth NFL championship.

BARRY CHIN/POOL/THE BOSTON GLOBE VIA THE ASSOCIATED PRESS

NHL

Bruins part ways with Julien

The Bruins felt they needed a change at the top, even if it meant doing it on a day when the city was celebrating a championship.

Boston fired Stanley Cup-winning coach Claude Julien on Tuesday, just hours before a downtown parade in honour of the New England Patriots' Super Bowl victory.

General manager Don Sweeney apologized for the timing, but said the team's two-day break between games provided time to recover from the emotions of Julien's dismissal. He said he wasn't oblivious of the optics, but added, "I'm not going to make a decision just based on that."

Claude Julien
GETTY IMAGES

With the team in danger of missing the playoffs for a third straight season, Sweeney felt he had little choice. Boston has lost two in a row and six of nine and fallen out of a playoff spot in the Eastern Conference. Assistant Bruce Cassidy was named interim coach.

"I had come to a conclusion that in moving this group forward with an eye toward the plans that have been put in place, that I wasn't willing to commit to a longer term basis with Claude," Sweeney said.

He also said there is time before the March 1 trade deadline to make adjustments that could get the Bruins in position to make the playoffs.

"There's no question I think this group has a chance to get in," Sweeney said.

THE ASSOCIATED PRESS

IN BRIEF

Falcons quickly fill void at offensive co-ordinator

The Atlanta Falcons have hired Alabama's Steve Sarkisian as their new offensive co-ordinator.

The move was announced Tuesday, a day after Kyle Shanahan left to become head coach of the San Francisco 49ers.

THE ASSOCIATED PRESS

Napoli, Rangers working toward another reunion

Mike Napoli and the Texas Rangers are working on a contract to reunite again, a person with direct knowledge of the negotiations told The Associated Press.

The AL West champions have a pressing need at first base after Mitch Moreland left in free agency.

Napoli, who played with Texas in 2011-12 and again in 2015, hit a career-high 34 homers last year with Cleveland.

THE ASSOCIATED PRESS

Ban may keep Russia out of track and field worlds

Russian athletics looked set for conflict with the IAAF over doping even as the government admitted on Tuesday some top coaches relied on giving banned substances to their athletes.

The IAAF on Monday said Russia would probably not be reinstated to global athletics until at least November, meaning there won't be an official Russia team at the world championships in August.

THE ASSOCIATED PRESS

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Fitting send-off for retiring trio

WOMEN'S SOCCER

Boss Herdman emotional and optimistic after Canada's win

John Herdman saw plenty of rust but also lots to celebrate in Canada's 3-2 win over Mexico on the weekend.

The B.C. Place Stadium friendly was billed as a tribute to his Olympic bronze-medal team and the Canada coach was choked up as he led a post-match tribute to the retiring Marie-Eve Nault, Melissa Tancredi and Rhian Wilkinson. But while celebrating the past, Herdman also had an eye open to the future.

With his squad having just one camp together since last summer's Olympics in Brazil and limited recent playing time, he was not surprised Saturday's performance was spotty. There were giveaways galore. But Deanne Rose scored on a beautiful individual effort in the 14th minute before Janine Beckie showed her shooting accuracy in the 26th.

Herdman enjoyed both pieces of skills but took particular pleasure in Canada's third goal in the 40th minute. After being chopped down for a penalty, Canadian captain Christine Sinclair stepped aside to let Beckie take the spot kick. An observer might have thought Sinclair was just catching her breath after going down hard. But Herdman said something else was at play.

Canada's Deanne Rose gets a shot past Mexico's goalkeeper during Saturday's friendly at BC Place Stadium in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

"She knew in the Olympics the penalty (miss) against Australia hit Janine hard, from a confidence point of a view," said Herdman. "As a leader she allowed Janine to take that penalty, Christine is our penalty-taker, for sure. But she's a class act and that was a great piece of leadership."

Beckie buried the penalty for a goal. The front five of Beckie, Rose, Sinclair and teenage midfielders Jessie Fleming (18) and debutante Sarah Stratigakis (17) ebbed and flowed like an attacking current at times, complete with delicate one-touch passing. "Another level of football that maybe we haven't seen," Herdman said approvingly.

He sees it as evidence of the growth of a Canadian team ranked fourth in the world.

"In the past it used to be stop Sinclair and you'll stop Canada," Herdman added. No longer. "We're starting to really develop an offence that can cause problems. But with that, we've got to maintain that Canadian DNA of strong defence."

> **"Another level of football that maybe we haven't seen."**
> John Herdman

Injuries and absences did not help the Canadian cause against Mexico, especially at centre back. Nault, who has already started her post-playing career as a coordinator at a regional Quebec training centre, was originally slated to watch from the sidelines. Nault, who didn't get word from Herdman that she was playing until two weeks ago, ended up captaining the team and playing the full game.

Herdman won't get his players together again until Feb. 24, about a week in advance of the Algarve Cup in Portugal where Canada is defending champion.

Herdman expects to have a full squad with France-based Kadeisha Buchanan and Ashley Lawrence released for the tournament. Germany-based Sophie Schmidt, who sat out the Mexico game with a wrist injury, should be healthy. THE CANADIAN PRESS

COPA DEL REY

Suarez the hero and villain as Barca win

Lionel Messi and Luis Suarez teamed up again to send Barcelona to a fourth consecutive Copa del Rey final after a combative 1-1 draw with Atletico Madrid on Tuesday that saw three players sent off.

Suarez fired in a rebound from Messi's shot to put Barcelona ahead, but the Uruguay striker will miss the final after being dismissed for a second booking in the 90th minute of a game that helped his team to a 3-2 victory on aggregate.

Suarez scored two minutes before halftime after Messi had dribbled through Atletico's defence and forced goalkeeper Miguel Moya to make a save.

Barcelona's Sergi Roberto was the first player to be sent off after collecting a second yellow card. Atletico's Yannick Carrasco followed after a second booking for cutting down Arda Turan.

Moments after Kevin Gameiro missed a penalty kick over the Atletico striker equalized in the 83rd to add some drama to the finale. THE ASSOCIATED PRESS

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Drouin's decathlon leap

ATHLETICS

Gold-medal high jumper to take on multi-event challenge

Derek Drouin may be one of the world's greatest high jumpers, but he's a multi-event athlete at heart. And so while he was soaring to world and Olympic high-jump gold, the 26-year-old from Corunna, Ont., never strayed far from his other love.

He's drawn more than a few quizzical looks for it.

"There's a lot of times we go to these track meets and he's doing long jump training, or hurdling, or running a 1,500 (metre) workout, and people are like 'What in the hell is he doing?'" said coach Jeff Huntoon. "I just kind of sit back and smile. And I imagine he's doing the same thing."

Drouin has won virtually every high jump title there is, including Commonwealth and Pan American Games gold. So while this season his goal is to clinch a second high jump title at the world championships in London, he also plans to compete in a few decathlons. The ultimate goal: a spot on next year's Commonwealth Games team.

"It's to get back to what I was doing in college, which was really when I was most confident competing, I kind of felt my strongest, felt like I was in my best physical shape, and I just have a whole lot of fun doing that," Drouin said.

"I was always a pretty strong hurdler in college. I really love throwing javelin. I was always competitive in multis in college and I loved it."

Huntoon actually recruited Drouin out of high school to the Indiana Hoosiers as a multi-event athlete, but Drouin progressed more quickly in the high jump than the decathlon's other nine events.

When Drouin and Huntoon, who was hired away from Indiana by Athletics Canada in 2015, sat down to map out a four-year plan, switching their focus to the decathlon after the Rio Olympics was on their to-do list for this season.

"And so here we are," Huntoon said.

Drouin is competing in a high jump meet in Slovakia on Wednesday, then is one of the headliners in the prestigious Millrose Games on Saturday in New York City. Then he'll take a brief break before attending a multi-events camp in Australia, to prepare him for a decathlon in Santa Barbara in early April. THE CANADIAN PRESS

It's something I really haven't done in a while, but I'm very excited to get back into that.
Derek Drouin on his renewed interest in competing in the decathlon

JEWEL SAMAD/AFP/GETTY IMAGES

PYEONGCHANG 2018

Winter Games a year away

Athletes hoping to wear the Maple Leaf at the 2018 Winter Olympics have one year to secure a spot on the Canadian team and hone their performance for a shot at a medal.

"It's definitely on my mind pretty much daily, trying to figure out where you want to be come that day," snowboarder Spencer O'Brien said. "It's pretty crazy to put four years into something and relatively for us, it's four years for 30 seconds."

The 23rd Winter Olympics open Feb. 9, 2018, in Pyeongchang, South Korea, and close 16 days later.

Those who run Canadian sport haven't yet stated a goal for 2018 after making No. 1 in the overall medal count the target in 2010 and 2014.

Own The Podium CEO Anne Merklinger said Canadian performances at worlds in the coming weeks will help decide the medal goal. THE CANADIAN PRESS

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MAKE IT TONIGHT

Easy Mini Turkey Meatloaves

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Double this recipe so you've got a few meatloaves to go in the freezer. That's how much you're going to love them.

Ready in 1 hour
Prep time: 15 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 glug of olive oil
- 1/3 cup onion, diced on the fine side
- 1/3 cup celery, diced small
- 1/3 cup carrot, peeled, diced small
- 1 tsp fennel seeds
- 1/2 cup of rolled oats
- 1 1/2 pound of ground turkey
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce

Directions

1. Preheat oven to 375 degrees F. Warm olive oil in pan over medium heat. Add vegetables and the fennel seeds and allow to soften, 3 to 5 minutes. Remove from the heat and allow to cool a bit.

2. In a large mixing bowl, combine meat, oats, ketchup, sautéed vegetables, cheese and egg. Mix with clean hands or a fork. Use a 1/3 cup measure to scoop mixture and put it in muffin tin.

3. In a small bowl, mix 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear glaze over mini meatloaves. Pop in oven 40 minutes. The internal temperature for meatloaf should be 160 to 165 degrees F.

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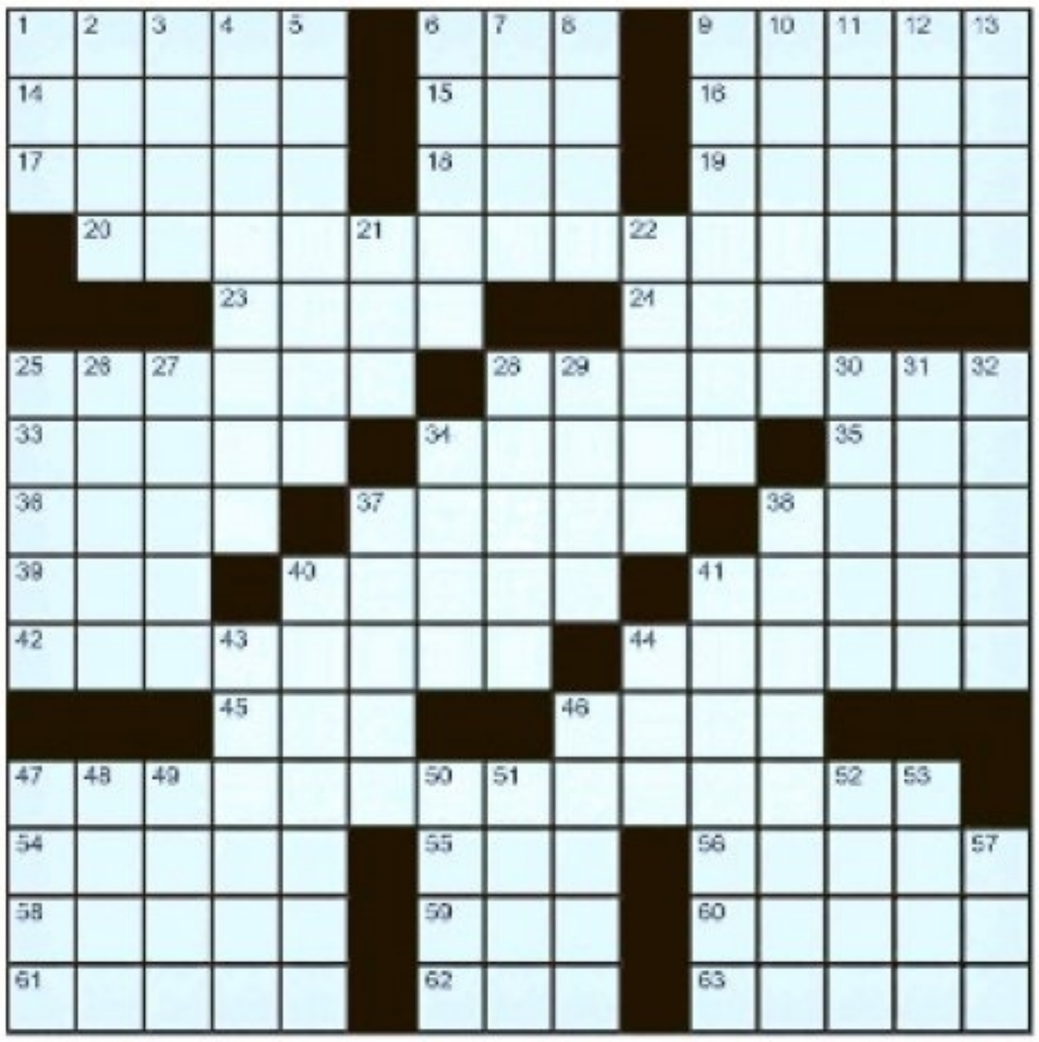
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Up to now: 2 wds.
6. Electrical resistance unit
9. Thanks, in Munich
14. Exonerate
15. Hawaiian dish
16. Ms. Verdugo of "Marcus Welby, M.D."
17. Aquarium fish
18. Strong-__
19. "Robert De __ Waiting..." by Bananarama
20. Whitehorse aka 'The __ __'
23. Money owed
24. Business: Co., in French
25. Soak up
28. "The Social" on CTV, for example: 2 wds.
33. Wanders
34. Crocheter's creation
35. Latin roe
36. Auberges
37. Actress, Lauren __
38. Drama king Sir Coward
39. Manchester, __.
40. Serf of Sparta
41. Close-knit unit
42. Captain Cook, for one
44. Believes
45. Blood-typing letters
46. 2003 Samuel L. Jackson/Colin Farrell m.o.v.i.e.
47. UNESCO World Heritage Site in Labrador: Red Bay Basque __ __ (Where 16th-century mariners from the Pyrenees region of France/Spain hunted Rights and Bowheads to supply oil, such as for lamps, to Europe)
54. English Channel sight, Isle of __
55. Cacharel perfume
56. Mythological blood
58. "__ __ helicopter!" (Stranded-on-the-mountain exclamation)
59. Totally
60. Gullible
61. Sluggish
62. Head-to-__
63. Crow

DOWN
1. Do
2. Batch
3. Fabled snowy creature
4. Peerage realms
5. Stock switchers
6. '60s abstractionism: 2 wds.
7. "Come Blow Your __" (1963) starring Frank Sinatra
8. Street performer
9. Concentration
10. Restaurant where you can get anything you want in the Arlo Guthrie tune
11. Italian saint, Philip __
12. Combing problem
13. Simple
21. Wane in the waters
22. Like a fish's outers
25. Horoscope sign
26. __ Bay, Newfoundland
27. __ __ song (Did what vocalists do)
28. "Blue Ain't Your __" by Keith Urban
29. To the __ (Fully)
30. Parka parts
31. Blatant
32. United Kingdom country
34. Bananas brand
37. Wading bird
38. Tragically Hip's "__ Disaster"
40. __ for Humanity
41. Packing the goods for a cargo shipment
43. 'Honey Capital of Canada' town in Alberta
44. Ex-airline
46. Croutons-making ingredient, __ bread
47. Allies vs. Axis arena [abbr.]
48. __ '__' Hers
49. American writer James
50. Irritating fly
51. Alone
52. Cincinnati's state
53. 'N' of NS
57. __. General

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is the second day in a row where things are volatile at home or with spouses and partners. Do what you can to keep the peace, because tomorrow is a much easier day.

Taurus April 21 - May 21
Something will create detours and delays in your daily routine today. Therefore, allow extra time for everything so that you have wiggle room for dealing with the unexpected.

Gemini May 22 - June 21
Something unexpected will affect your cash flow or finances today. You might find money, or you might lose money. Guard your possessions against loss or theft.

Cancer June 22 - July 23
Once again, the Moon is in your sign, at odds with another planet! You are too impulsive and trigger-happy. Just calm down and do not overreact, especially when talking to bosses.

Leo July 24 - Aug. 23
This is a restless day for you. Because of this, you could make an error in judgment. You also might say something you'll later regret. Be cool — who wants egg on his or her face?

Virgo Aug. 24 - Sept. 23
During discussions with friends or groups, something regarding shared property might blow you out of the water. Do not be hasty; do not shoot from the hip. Think before you speak.

Libra Sept. 24 - Oct. 23
Once again, your relations with parents and bosses are subject to surprises and interruptions. These interruptions might even include arguments. Don't say anything you will regret.

Scorpio Oct. 24 - Nov. 22
Travel plans will be interrupted, delayed or changed today. Likewise, school schedules, especially for colleges, universities and technical schools, might be unreliable.

Sagittarius Nov. 23 - Dec. 21
Double-check your bank accounts and anything to do with inheritances and shared property, because something might throw you for a loop.

Capricorn Dec. 22 - Jan. 20
People are impulsive and emotional today, which is why you have to maintain your cool. Avoid arguments with family members, partners and spouses.

Aquarius Jan. 21 - Feb. 19
Equipment breakdowns, computer glitches and interruptions to your work routine will be frustrating today. Prepare for the worst and hope for the best.

Pisces
Feb. 20 - March 20
Parents should be vigilant about their kids, because this is an accident-prone day. Likewise, social events and anything related to sports might have sudden changes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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4								8

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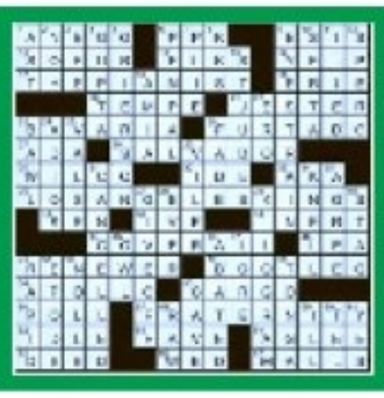

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